

# Light for the Mind and Body CoeLux - Health and Wellbeing

Beyond aesthetic appeal, the real strength of CoeLux lies in its scientifically proven benefits for human wellbeing.

Explore of evidence-based of the physiological and psychological benefits of CoeLux systems.

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## 1- Healing Light: The benefits of bright Light Therapy with CoeLux in clinic treatment and daily spaces



# Light benefits – a proven path to well-being

CoeLux evolves light therapy with immersive artificial skylights, delivering beneficial light in naturalistic, architectural settings — not just for clinical use, but for everyone's daily wellbeing

Light Therapy represents a powerful tool in the management of affective and circadian disorders. With the integration of advanced systems such as CoeLux, the therapeutic potential of light exposure can be further optimized—particularly in architectural contexts where daylight is limited or absent.

## Clinical Outcomes in Bipolar Depression:

- Reduced irritability by ~30% without pharmacological escalation
- First evidence of **changes in sleep architecture in bipolar patients via light therapy**
- **Enhanced REM quality and deep sleep (N3%)** linked to reduced depressive symptoms

Lighting Therapy  
30% reduction in irritability without pharmacological escalation

## OUR SCIENTIFIC EVIDENCE

*Prestifilippo et al. (2017), "Exposure to Light Therapy during the treatment of depression can improve quality of sleep"*

*Fregna et al. (2024), "Evaluating the impact of adjunct bright light therapy on subjective sleep quality in major depressive disorder", J. Affect. Disord. 348: 175–178*

## 2- CoeLux solutions for circadian support and emotional comfort: measurable impact in healthcare and elderly care



# Supporting the aging population through light: CoeLux and its role in healing and senior wellbeing

Bringing the gentle power of nature indoors with CoeLux artificial skylights

Immediate effects of different lighting conditions on mildly depressed people.

**Physiological measurements:**

Improved subjective calmness and reduced heart rate (↓3.7%), with ↑22% heart rate variability

**Subjective effect:**

Under CoeLux light, patients sit down, gently close their eyes, and experience a sense of relaxation that evokes the feeling of being in nature.

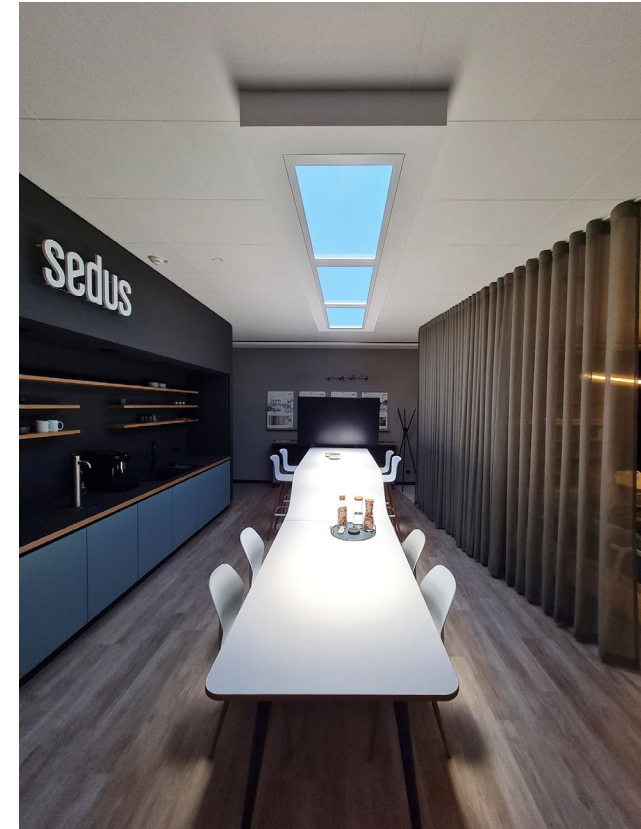
In a clinical setting, 97% of patients preferred CoeLux lighting over standard illumination, reporting a sensation of calmness and a connection to nature.

Reduced heart rate (↓3.7%), with  
↑22% heart rate variability

OUR SCIENTIFIC EVIDENCE

*Psychophysiological Effects of a Single, Short, and Moderately Bright Room Light Exposure on Mildly Depressed Geriatric Inpatients: A Pilot Study.*  
Canazei et al. *Gerontology* (2017) 63:308-317

### 3- From Screen to Sky: The role of CoeLux skylights in supporting circadian health at work



# Boosting Circadian Rhythms and balance in the workplace

Different scientific research has demonstrated that CoeLux light reduces workplace stress without compromising productivity

- Exposure to CoeLux artificial skylight has been shown to advance the natural onset of melatonin, supporting healthier sleep patterns and better daytime alertness.
- Lower stress levels recorded via EEG and ECG under CoeLux vs. fluorescent lighting. Promotes better daytime alertness and sleep duration.

## Subjective effect:

Participants in a test felt more alert, positive and productive during the day compared to a room with traditional lighting. The study also reported better sleep quality, with an average of 18 minutes more sleep than in previous nights.

Sleep better.  
18 minutes  
longer

## OUR SCIENTIFIC EVIDENCE

Non-visual effects of diurnal exposure to an artificial skylight, including nocturnal melatonin suppression, Yasukouchi et al.  
*Journal of Physiological Anthropology* (2019) 38:10  
BRE, Building Research Establishment, UK

#### 4 - Immediate benefits of CoeLux systems: elevated perception, enriched blind spaces, and enhanced user Well-Being



# Psychological impact of built environments: CoeLux influence emotion and space perception

Whether in healthcare, workspaces, or hospitality, CoeLux transforms environments into restorative, daylight-filled experiences that truly enhance quality of life

CoeLux light enhances emotional wellbeing and creates a more uplifting and restorative indoor atmosphere.

## **Subjective effect:**

Participants exposed to CoeLux lighting consistently described their environments as significantly more natural, uplifting and emotionally engaging—highlighting improved perceptions of spaciousness, luxury and connection to nature.

38/38  
parameters  
improved

Across all 38 evaluated dimensions of room atmosphere, CoeLux produced statistically significant improvements compared to conventional lighting conditions.

## OUR SCIENTIFIC EVIDENCE

Non-visual effects of diurnal exposure to an artificial skylight, including nocturnal melatonin suppression, Yasukouchi et al.

*Journal of Physiological Anthropology* (2019) 38:10  
BRE, Building Research Establishment, UK

Room- and illumination-related effects of an artificial skylight, Canazei et al. *Lighting Res. Technol.* (2015) 0:1-20



Experience the Sky

*At CoeLux, we bring the biological and emotional power of sunlight to the spaces that need it most—supporting health, mood, and performance through light that feels like the sky.*

Learn more about our products, projects, and philosophy online.

<https://www.coelux.com>

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